



Sample Menu - week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Buttered crackers Fresh Fruit	Crumpets Fresh fruit	Wholemeal pitta bread With houmous Fresh fruit	Crackers with cream cheese Fresh fruit	Marmite toast Fresh fruit
Lunch	Spaghetti with roasted red pepper/ broccoli/ sweetcorn Tomato and herby sauce with garlic bread	Cottage pie with root vegetables And beef gravy	Fruity Chicken and courgette tagine with chick-peas/red lentils and fluffy cous-cous	Mushroom and crunchy vegetable Spaghetti Bolognese	Fish cakes with swede and Carrot mash Cabbage and peas
Lunch Dessert	Mixed Fruit crumble With natural yoghurt	Strawberries / bananas and bran flakes with natural yoghurt	Homemade Apple and Carrot tray bake	Ice cream and homemade summer berry coulis	Homemade Flapjack
Tea	Tuna and sweetcorn wraps With cucumber batons	Spaghetti on wholemeal toast	Margarita Pizza with baked beans	Chicken sandwiches With sweet pepper slices	Penne pasta with tomato and herby sauce
Tea Dessert	Homemade Parsnip cookies	Homemade brownies	Orange segments/ melon sultanas	Homemade Jam drop biscuits	Fromage frais

- Menus run on a 4 week cycle and this a sample menu from week 1.
- Allergies are catered for (see Allergy Policy).
- Vegetarian options are available.
- Both of our kitchens have a 5 star rating for Food Hygiene



This scheme is operated in partnership with your local authority

